



Scout Name: \_\_\_\_\_

Den # \_\_\_\_\_



## Achievement 8: Cooking and Eating

**8a.** Name some foods from each of the food groups shown in the pyramid in your Wolf book.

Bread and Wheat Group      Fruit Group      Vegetable Group      Dairy Group

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Meat and Poultry Group      Fat and Sweets Group

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Leader's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**8b.** Plan meals for you and your family for one day. List things from the food groups to plan the meals. Each meal should have at least three food groups.

Breakfast                              Lunch                              Dinner

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Leader's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



**8c.** Help fix at least one meal for your family. Help set the table, cook the food, and wash the dishes.

I cooked \_\_\_\_\_ for my family on: \_\_\_\_\_ .

I helped set the table on: \_\_\_\_\_ .

I washed the dishes on: \_\_\_\_\_ .

**Leader's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**8d.** Fix your own breakfast. Wash and put away the dishes.

I fixed my breakfast, washed my dishes and put them away on: \_\_\_\_\_ .

**Leader's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**8e.** With a grown-up help to plan, prepare, and cook an outdoor meal.

I helped plan, prepare and cook an outdoor meal on: \_\_\_\_\_

Where: \_\_\_\_\_

**Leader's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

